WHAT IS CLAIMED IS

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- 1. A seat carrier (1) for a chair, in particular office chair, comprising
- an adjustable-length, blockable gas spring (5) which is mounted by an end on a supporting frame (2);
- a valve actuation rod (8), which is extended out of the gas spring (5) parallel to a longitudinal axis (6) thereof and mounted for pivoting crosswise of its longitudinal direction and which is pivotable from a position of rest into an open position of a valve for release of blockage of the gas spring (5);
- wherein a lever element (10) is provided for operation of the valve actuation rod (8),
- wherein the lever element (10) is articulated to the supporting frame
 (2) via a pivot joint (11) that is parallel to the longitudinal axis (6) of
 the gas spring (5);
- wherein the lever element (10) comprises a valve-actuation-rod-(8) entrainer (9; 21) which is laterally spaced from the pivot joint (11);
- wherein the lever element (10) comprises at least one lever arm (13, 14), the end of which is spaced from the pivot joint (11); and
- wherein the at least one lever arm (13, 14) is connected to an operating element (16; 23).
 - 2. A seat carrier according to claim 1, wherein a restoring element (17 20) is provided, pre-loading the lever element (10) in the position of rest of the valve actuation rod (8).
 - 3. A seat carrier according to claim 2, wherein the restoring element (17 20) is formed by at least one helical spring (19, 20).

- 4. A seat carrier according to claim 1, wherein the lever element (10) has two lever arms (13) which are long as compared to the lateral distance of the entrainer (9; 21) from the pivot joint (11) and the ends of which that are spaced from the pivot joint (11) are connected to respective operating elements (16).
- 5. A seat carrier according to claim 4, wherein the lever element (10) has the shape of a majuscule T in mirror symmetry to a central plane of the lever element (10) where the longitudinal axes (6, 12) of the pivot joint (11) and the valve actuation rod (8) are located in the position of rest.
- 6. A seat carrier according to claim 1, wherein the entrainer (9) is a drill hole in the lever element (10), with the valve actuation rod (8) inserted therein.

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7. A seat carrier according to claim 1, wherein the entrainer (21) is an oblong hole in the lever element (10) which extends crosswise of the motion of dislocation of the valve actuation rod (8) and in which is guided the valve actuation rod (8).

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8. A seat carrier according to claim 1, wherein the at least one operating element (23) is disposed in vicinity to an arm pad (24) which is joined to the supporting frame (2) by an arm pad support (26), with a connecting arrangement, which connects the end, spaced from the pivot joint (11), of the lever arm (14) of the lever element (10) to the operating element (23), being formed by a mechanical coupler (22), which is guided in the arm pad support (26).

9. A seat carrier according to claim 4, wherein the operating elements (16) project over the supporting frame (2) preferably on two opposite sides.